

MPY TRI-LINE NEWS

Volume 27, Issue 4

Marion, Polk, Yamhill

Winter 2020



Happy Thanksgiving, Merry Christmas and Happy New Year!

How things have changed in 2020. No need to remind you that we are missing seeing all of our FCE friends. We missed Yamhill/Polk Spring Festival, National FCE Conference, State FCE Conference, District meetings and our picnic in the park. Things that we had been planning and looking forward to attending. We hope that we can host these meetings in 2021.

Marion, Polk and Yamhill will use the lessons planned for 2020 when we get started in 2021.

Since we have not been meeting or being able to print lessons at the Extension Offices, we have to put our newsletter on our web site www.oregon-fce.org. I hope that you are sharing this newsletter with those that don't have e-mail or the use of a computer.

And a reminder if you have changed your address, know of someone who would like to receive this newsletter or someone who received this newsletter and now is deceased please let us know so we can make the needed changes. Send the changes to **Susan Whitaker, 9875 Parker Rd., Monmouth, OR 97361-9762.**

Sincerely,

Lynda Nyseth, Editor



From the Desk of the District III Director Anne Engen

I so looked forward to 2020 and our district hosting the fall conference in Springfield. No one saw the turbulent times coming that would change our world – a pandemic, masks, wildfires, protests, recession, civil unrest, so many out of work, and people cut off from normal life as they sheltered at home. I thought of my great grandmother who didn't see or talk to another woman during the long snowy 1800's winters in the canyon. How she would have loved Email.

District III is losing two more study groups. I spent time chatting with group presidents and members. The **Ambitious Annie's** of Polk County graciously closed their group as they are way up in their 80's and moving out of their homes. I asked them to send a formal note to President Scott Teeples. The second study group, **Open Arms** of Salem, has not formally closed, but their President, Dorene Garland is fighting Cancer, now on the strongest chemo. I talked with her sister, Alene Showers, who is house bound, then other members and all but one do not wish to continue. Connie Leavitt may become a member at large.

Dorene was a wonderful state president who turned from being shy to loving a microphone.

I contacted most of our study groups to find out how they are coping. **Lost Creek study group** in Dexter (below Eugene) met three times this summer in a park to catch up and cheer up. They are moving to Dexter State Park for their January lesson on Ireland.

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This park has a large, covered area. They bring their own chairs and lunches. Will need to find portable heaters now.

The **Amity study group** of Yamhill County has met outside, sitting in a circle with their masks on for their meeting. Four of them “Walked the World”. The group sent \$50 raised by filling a water bottle to “Walk for Food” and sent \$25 to the Amity Firehall in memory of 50-year member Phyllis Hoag who passed this fall. They will be making Christmas wreaths and selling them for \$15. Money will be used to buy Christmas gifts for names drawn from “tree of giving” and help to pay their dues including money for our newsletter and website. Amity has also been asked to sew mask for the city to give with their Christmas bags when the families visit Santa at the Community Hall in December.

The **Oak Meadows study group** president is Linda Schollian who will be a 50-year member next year. She remembers the first FCE lesson she attended, “How to Buy Shoes”. Her group of older ladies have not met and feels a bit lost. I shared ideas on how to meet and asked if she would like me to mail her “The Night Janitor” lesson to share with her group. She sent me a sweet thank you note saying she had talked to other members who hope to meet in December.

I called Mary McNeil of the **Homemakers Unlimited study group** in Polk County to encourage this small group to talk to each other and share lesson information. I mailed her a copy of the “The Night Janitor”.

Sheridan FCE study group and Creative Homemakers have not yet met.

During my lockdown I have been cleaning out closets and cupboards. We built our home 47 years ago, so I’ve had plenty of time to stuff the cupboards. The pantry I designed has 27 cupboards each with 3 shelves. Cleaning and sorting items was a walk down memory lane. I carefully wrapped and boxed treasures for FCE’s booth in Keepers Corner. Just waiting for a time Scott and I can meet for a hand-off

I did receive a surprise and worried email from a FCE member/friend who lives in Nebraska asking

about our deadly forest fires & heavy smoke.

Replied, there is no where to run, looks like the edge of hell.

Anne Engen

Lesson Schedule for Marion, Polk & Yamhill, 2021

(remember lesson training is the month listed below and the lesson is given the next month to your study group & please call the one giving the lesson so they are prepared for you)

- **Gluten Free – The Gluten Basics** taught by Tonya Johnson 503-373-3763. Yamhill Co. January 22 & Marion Co. January 23
- **Writing Personal Histories** taught by Donna Michaelson 503-623-2634 & Anne Engen 503-472-7146. Polk Co. February 26 & Marion Co. February 27
- **The Night Janitor – The Brain at Night** taught by Anne Engen 503-472-7146 & Sally Wyffels 503-472-3091. Yamhill Co. March 25 & Marion Co. March 26
- **Let’s Get Outside** taught by Tonya Johnson 503-373-3763. Polk Co. April 22 & Marion Co. April 23
- **Things to Know When I’m gone** taught by Linda Bird 503-843-2979 & Sally Wyffels 503-472-3091. Yamhill Co. August 26 & Marion Co. August 27
- **Medical Cannabis: Benefits and Ill Effects** taught by Lynda Nyseth 503-835-2044. Polk Co. September 23 & Marion Co. September 24
- **Natural Home Remedies** taught by Linda Bird 503-843-2979 & Sharyl Michael 503-949-2057. Yamhill Co. October 28 & Marion Co. October 29

We are offering **Mindfulness & Stress Relief through Art** as an eye opener. Each study group will receive the material and you can decide to use it as an eye opener or a lesson.

Our training classes may change in 2021, with us going to only one location, we will see. If you have already given one of the lessons, we have other lessons that can be given, just ask.

Thank you for your patience with us as we make needed changes.

DONATIONS

*Margaret Dietrick
Jean Hartwell
Loretta McDaniel
Sharon Nilsen*

Thank you for supporting the **MPY Tri-Line News**. **Our next deadline is February 5, 2021.**

Lynda Nyseth, Editor MPY Tri-Line News
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Make check payable to MPY Tri-Line News.



Remembering a FCE Member Phyllis Hoag

Phyllis Hoag was a member of Amity FCE. She received her 60-year FCE member pin in 2019. She was always ready to help bake sugar free desserts for gatherings. She was faithful in calling our members to remind them of up coming events and what to bring to our meetings.

Living around Arlington, OR, she was the cook for all of the farm hands. Butchering chickens, caring for their three children and always baking pies for lunch for the farm hands. She was a busy worker, loving wife and mother. After they moved to Amity, Jim, her husband had an accident and as a result lost both of his legs below the knees. This was a hard time for both of them, but it didn't keep Jim or Phyllis down. Jim was able to continue his activities and Phyllis was there to help.

We do miss Phyllis and the Thanksgiving potlucks at her home. She always did the turkey breast and gravy, while we made the rest of the meal.

Volunteer Newsletter Staff

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WINTER 2020

FRUIT AND NUT BARS

¼ cup almond butter
¼ cup honey
1 tsp. vanilla
1 cup roasted unsalted almonds,
roughly chopped
½ cups oats
¾ cup each dried fruits:
cranberries, raisins, sliced apricots,
dates
¼ cup pumpkin seeds

INSTRUCTIONS

Line an 8-inch square pan with nonstick foil, leaving an overhang on all sides. In food processor, chop dates they will form a ball, transfer to a bowl. In small saucepan on medium heat, melt almond butter, honey and vanilla. Stirring occasionally until combined about 1 minute. Add to bowl and combine. Fold in oats, almonds, dried fruits and pumpkin seeds. Press mixture into prepared pan and freeze (about 30 minutes), cut into bars. Store in Frig.
(Source Karen)
Thank You!

EGG ROLL BOWL

1 ½ teaspoon minced garlic
½ cup diced onions
2 Tablespoons sesame oil
1 lb. ground pork
Dash of ginger
¼ teaspoon salt
¼ teaspoon pepper
1 bag of coleslaw, or broccoli slaw
3 Tablespoons soy sauce
1 Tablespoon rice wine vinegar

INSTRUCTIONS

Sauté garlic, onions in sesame oil until onions are translucent. Add pork, ginger, salt and pepper. Cook pork thoroughly. Add coleslaw mix, soy sauce, rice wine vinegar, cook until tender.

Toppings: sliced green onions and toasted sesame seeds.

Serves 4.
(Source Karen)
Thank you!

HOMEMADE BISQUICK

3 cups all-purpose flour
1 ½ Tablespoons baking powder
½ Tablespoon salt
8 Tablespoons butter, cold and cubed.

INSTRUCTIONS

In the bowl of a standing mixer add flour, baking powder and salt. Add cold cubed butter and using the paddle attachment, mix the ingredients together on low until mixture resemble coarse breadcrumbs. (Alternatively, you can combine the ingredients using a pastry blender, two forks or your fingers.) Store the baking mix in the fridge or the freezer, for up to 3 months. (Source Debbie Puckett and <https://donthwastethecrumbs.com/homemade-bisquick>) Thanks to the Internet!



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BAKED CORN CASSEROLE

1 can creamed corn
1 can corn, drained
3 Tablespoons flour
3 Tablespoons sugar
2 eggs
½ cup milk
2 Tablespoons butter cut into 20 equal pieces.

INSTRUCTIONS

In a medium sized bowl beat eggs then add sugar and flour and mix well. Pour into a buttered 2-quart casserole dish and dot top with cut butter. Bake at 350 degrees for 75 minutes or until casserole is set. Allow to cool for 5 minutes before serving. (Source Lynda Nyseth and cookcraftlove.com)

**HAPPY HOLIDAYS TO ALL
STAY SAFE AND HEALTHY
PEACE, JOY, LOVE TO ALL!**

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This is what Amity has been up to during the pandemic.



Four of us did the ACWW Walk for Food. Debbie Puckett, Annette Williams, Lynda Nyseth and Velma Bottenberg



This is a sampling of 60 children's mask our group did for Amity Downtown Association to give in the Christmas Bags.

Our fund raiser is making wreaths. Money is used to purchase gifts from the Christmas Tree of giving that the firemen to deliver.



Lynda Nyseth, Dorothy Pedro, Debbie Puckett, Annette Williams and Velma Bottenberg assembling wreaths.



Finished product. Have a very Merry Christmas and Happy New Year as we do our part to follow the guidelines during this pandemic. Lynda Nyseth, Editor